

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>West Bridgford Memory Café – 1st Monday (pg 7)</p> <p>Heron Music Café - every 2 weeks – check dates on website (pg 9)</p>	<p>East Leake Memory Café -every Tuesday (pg 8)</p> <p>West Bridgford The Service Tree Socials – every Tuesday (pg10)</p> <p>Forget Me Notts Rushcliffe Arena 1st & 3rd Tuesday (pg 10)</p>	<p>Green Memory Café - bimonthly – check dates (pg10)</p>	<p>Ruddington Bloomin Dementia Socials - bimonthly - check dates (pg 11)</p>	<p>West Bridgford Memory Café – every Friday (pg 7)</p> <p>West Bridgford Swim – every Friday (pg 11)</p>
Week 2	<p>Bingham Memory Café - 2nd Monday (pg 7)</p>	<p>East Leake Memory Café – every Tuesday (pg 8)</p> <p>Dementia Friendly Film Shows – 2nd Tuesday (pg 10)</p> <p>West Bridgford The Service Tree Socials – every Tuesday (pg10)</p> <p>Forget Me Notts Edwalton Golf Club 2nd Tuesday (pg 10)</p>	<p>Ruddington Music in Mind - twice monthly - check dates (pg 9)</p>		<p>West Bridgford Memory Café – every Friday (pg 7)</p> <p>West Bridgford Swim – every Friday (pg 11)</p>
Week 3	<p>Heron Music Café - every 2 weeks – check dates on website (pg 9)</p> <p>Singing for the Brain – 3rd Monday (pg 9)</p>	<p>East Leake Memory Café -every Tuesday (pg 8)</p> <p>Radcliffe on Trent Memory Café – 3rd Thursday (pg 7)</p> <p>West Bridgford The Service Tree Socials – every Tuesday (pg 10)</p> <p>Forget Me Notts Rushcliffe Arena 1st & 3rd Tuesday (pg 10)</p>	<p>Keyworth Community Café - 3rd Wednesday (pg 8)</p> <p>Bradmore Cuppa-T-Time - every 3rd Thursday (pg 8)</p> <p>East Bridgford Singing for the Brain – 3rd Wednesday (pg 9)</p>		<p>West Bridgford Memory Café – every Friday (pg 7)</p> <p>West Bridgford Swim – every Friday (pg 11)</p>
Week 4		<p>East Leake Memory Café – every Tuesday (pg 8)</p> <p>West Bridgford The Service Tree Socials – every Tuesday (pg 10)</p> <p>Forget Me Notts Trent Bridge Cricket Ground - last Tuesday (pg 10)</p>	<p>Ruddington Music in Mind - twice monthly - check dates (pg 9)</p>	<p>Cotgrave Memory Café – Last Thursday (pg 7)</p>	<p>West Bridgford Memory Café – every Friday (pg 7)</p> <p>West Bridgford Swim – every Friday (pg 11)</p>

[To view page numbers described above, and details of the events click here to access the Dementia Directory](#)